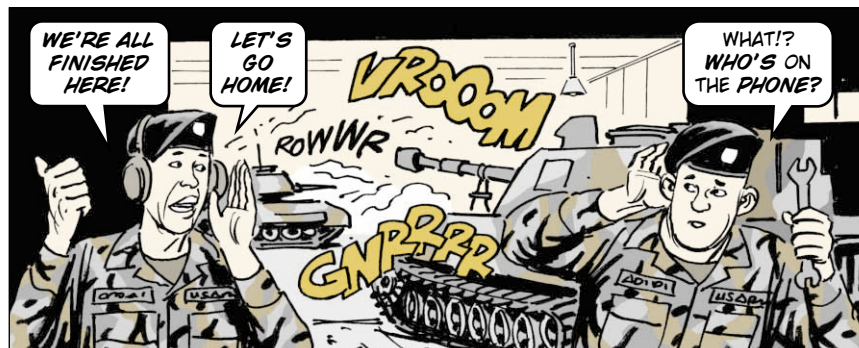


# LISTEN UP...



IF YOU WORK IN A **NOISY** AREA, OR THE TM SAYS TO WEAR HEARING PROTECTION WHEN OPERATING YOUR EQUIPMENT, **DO IT.**

EVEN NOISE THAT DOESN'T SEEM LOUD CAN CAUSE DAMAGE.

## What to Wear

Sometimes you're told what type of hearing protection to use. If not, what you choose depends on the noise level.

Ear canal caps can be used only when the noise level is under 95 decibels. Get preformed, reusable ear canal caps with these NSNs:

NSN	Qty
6515-00-392-0726	1 ea
6515-01-149-4133	10 ea
6515-01-059-1821	12 ea



Ear canal caps have headbands

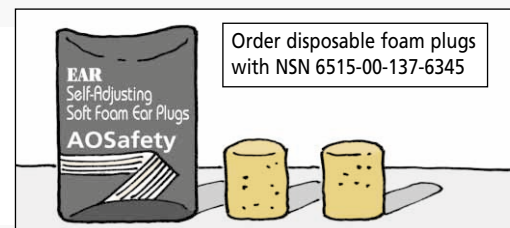
All caps come with headbands and must be ordered through your medical folks and individually fitted before they can be worn.

Foam earplugs and ear muffs are effective from 85-103 decibels if properly worn and maintained. Get 200 pairs of disposable foam plugs with NSN 6515-00-137-6345. The plugs are individually wrapped and come in a box with an adhesive back. That makes it easy to stick the box to a wall or door at the entrance to your work area for visitors who may not have hearing protection.

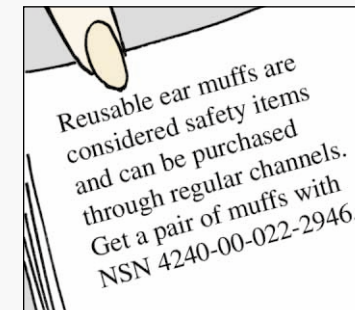
# IF YOU STILL CAN



According to an Army Policy letter dated 13 Jun 01, all foam earplug procurements **must** come from DLA. Credit card holders **should not** purchase the earplugs locally.



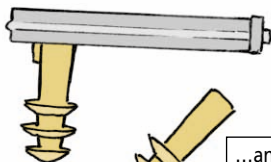
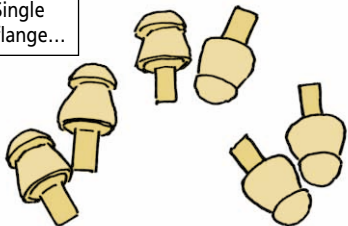
Order disposable foam plugs with NSN 6515-00-137-6345



Reusable ear muffs are considered safety items and can be purchased through regular channels. Get a pair of muffs with NSN 4240-00-022-2946.

For noise exposures from 103-108 decibels, your medical clinic will need to order and fit you with single-flange or triple-flange earplugs that must be worn in combination with noise muffs or a noise-attenuating helmet. The earplugs come in a handy carrying case. Get an extra 20 carrying cases with NSN 6515-01-100-1674.

Single  
flange...



...and triple  
flange plugs  
must be fitted

Noise exposure above 108 decibels also requires double hearing protection along with consideration of exposure time. Check with your local medical folks for details.

If you're not sure of the noise level in your work area, get the safety office to test it. That's the only way to be completely sure you're wearing the right hearing protection.



### Warn Others

Once your ears are protected, make sure others are aware of the need to safeguard their hearing.

Post some of these 10x14-in warning signs in your work area:

**CAUTION**  
HEARING PROTECTION REQUIRED



Legend	NSN 9905-01-
CAUTION Hearing Protection Required	100-8205
CAUTION Hearing Protection Required In This Area	031-1247
CAUTION High Noise Area Wear Earplugs	122-1140

DID YOU SAY  
YOU WANT  
TO BORROW  
MY COMB!?

IT MAY  
BE TOO  
LATE FOR  
HIM...

...BUT  
IT'S NOT  
TOO LATE  
FOR YOU!

PS END